

# Warren SENTINEL

Volume 61, Issue 39

F. E. Warren Air Force Base, Wyoming

September 27, 2002

## Staff sergeant sentenced in recent court martial

A general court-martial was held Sept. 4 in the Warren courtroom in which Staff Sergeant Mark Brisbane, 90th Communications Squadron, was found guilty of one charge of committing an indecent act with another and one charge of wrongful possession of visual depictions of nude minors; both in violation of Article 134 of the Uniform Code of Military Justice. Brisbane showed his minor daughter at least three nude pictures of women.

He was sentenced to 12 months confinement, reduction in grade to E-1, forfeiture of all pay and allowances and a bad conduct discharge.

Brisbane was represented by Capt. Shannon Guerber and Capt. Kathleen Reder, circuit defense counsel from the Central Circuit and Capt. Bryan Martin, 90th Space Wing Staff Judge Advocate's office. Capt. Nathan Kearns, circuit trial counsel from the Central Circuit, represented the United States. Counsel for the United States argued that possession of nude child images, whether of an actual child or created in some way, constitutes service-discrediting conduct under Article 134 of the UCMJ regardless of whether it was a violation of any other federal statute.

**Editor's note:** This information is provided as a public service by the 90th Space Wing Legal office. Punishments for the same offenses may vary based on facts and circumstances surrounding the offense and the offender.

## Peacekeeper deactivation set to begin

*SECAF to witness "first pull"*

**2nd Lt. Matthew Bates and Staff Sgt. Bryan Gatewood**  
*Public Affairs*

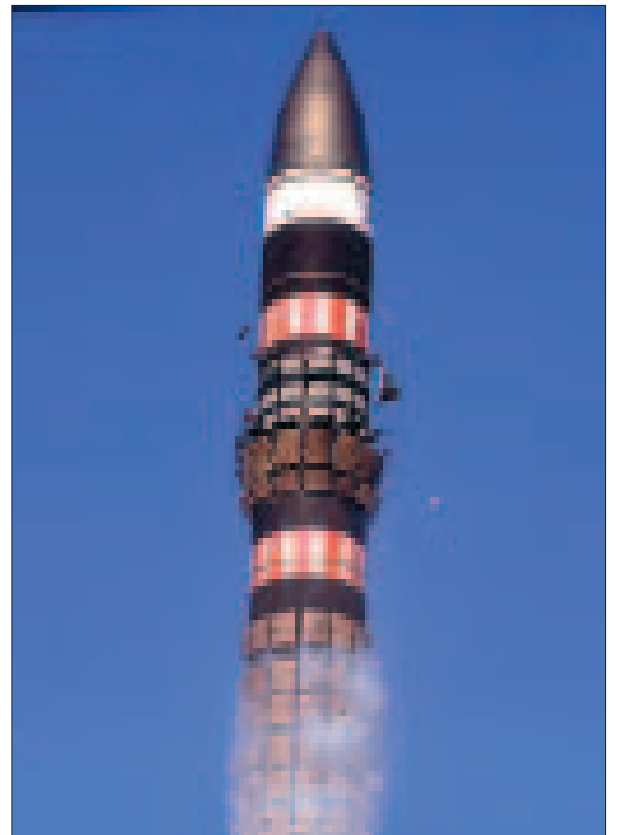
During his first visit Thursday to Warren as Secretary of the Air Force, Dr. James Roche will witness the first phase of the deactivation process of the Peacekeeper Intercontinental Ballistic Missile at one of the 400th Missile Squadron's launch facilities, and officially commemorate the deactivation with remarks to members from the 90th Space Wing.

Peter Teets, Undersecretary of the Air Force, and Gen. Lance Lord, Air Force Space Command commander, will also be on hand for the occasion.

The deactivation process, which will officially begin Tuesday, was authorized by Gen. John Jumper, Air Force chief of staff, in an implementer memo sent in September. In the memo, Jumper said senior civilian and military leadership decided to retire the Peacekeeper "in light of the current world situation, the recent Strategic Offensive Reductions Treaty and the ... Nuclear Posture Review."

At the height of the Cold War, the Air Force sought a missile design that would strengthen the ground-based leg of the strategic triad. The Peacekeeper design offered increased range, greater accuracy, and variable yield warheads to capitalize on multiple, independently targeted warheads. The concept of this advanced ICBM began in 1972 under the Missile-X (MX) program, but was later renamed Peacekeeper in the early 1980s.

In 1988, Warren became the first and only installation to operate, maintain and secure the missile, which is capable of delivering



*Courtesy photo*

10 independently targeted warheads. Fifty Peacekeeper ICBMs and five launch control centers are dispersed over eastern Wyoming, all operated by the 400th Missile Squadron here.

The Peacekeeper drawdown will occur over a three-year process, but will continue to support the United States defense policy of deterrence. It will take approximately 17 workdays to remove missile stages at each launch facility and process them for storage, with overall deactivation completion projected for Oct. 2005.

The remaining Peacekeeper force will remain on alert during the deactivation, but the 90 SW will continue to operate, main-

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*41st Combined  
Federal Campaign  
kicks off Tuesday*

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*POWs, missing heroes  
show true meaning of  
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*More AEF changes  
coming in June ...  
read the story*

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*90th Space Wing to  
reorganize under new  
directive*

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# Your health — It's not just smart, it's your duty

**Col. Jon Pearse***90th Medical Group commander*

I've looked forward to this opportunity to pass on my convictions on health -- as a middle-aged male, a parent, a husband, a physician and as a commander. No matter the "hat" any one of us is wearing - it boils down to the same issue: we have an obligation to ourselves, our loved ones, and as military members, to our country to care for our health. As a physician I have been highly trained to intervene to help cure, or sadly at times, only decrease suffering due to disease. In my day, prevention was simply not emphasized. It's been something I've had to learn myself, motivated by watching patients needlessly suffer and pass on before their time as a result of too little "periodic maintenance" of their most precious asset - health. If you know it's important to change the oil in your car, then why is it so hard to believe that you have to take care of your body? To me, prevention and good health are the keys to the future, and fall into three simple categories: diet, exercise, and tobacco use (I specifically mention this last one because it causes the most disease of any substance use, and is most widespread. Abuse of other substances presents their own specific threat).

Obesity is increasing alarmingly fast in the world, and leading the way is the good old United States of America, followed by other highly affluent societies. The typical "western diet" is high in saturated fat and sugars. This toxic and high calorie diet with which we abuse our bodies is the major cause of heart disease, diabetes and stroke. All of these diseases result in immeasurable human misery and premature death. Combine the diet with lack of exercise, and one becomes a walking time bomb. Obesity is an epidemic that makes all the hype over West Nile Virus seem

silly by comparison. Most health professionals consider 30 pounds over ideal body weight obesity. In 1991, only seven states had 15 percent or more of the population considered obese; by 2001, all but one had obesity rates over 15 percent.

The average human needs about 2,200 calories per day to remain active and healthy. Look on the wall of the next fast food restaurant you enter for the nutrition facts they post... the "super meal" well exceeds this, and has a fat content over four times the recommended amount.

I have fought the "battle of the bulge" nearly my entire life, and pushed the limits of the Air Force weight standards for most of my career. I never met a chip I didn't like, or a stalk of celery I particularly did! I have, though, learned how to eat a low-fat sensible diet. Now I admit I was lucky - I met and married the queen of low fat cooking, and it was easy to learn to live by it. But if I can, anyone can. Want to try? Call the Health and Wellness Center at 773-4292. You will kill three birds with one stone: you will feel better, be able to do more and you will greatly reduce your risk for the biggest killer diseases in this country.

Exercise is the most effective companion to smart eating in preventing the same diseases. It multiplies the effects of weight-loss programs immeasurably. The key to success in exercise is "start low, go slow." Success is measured over time, and it's clear that those who set reasonable expectations and stay with it as a lifestyle change succeed, while those who overdo it initially get discouraged, even injured.

The time and place to exercise must be fixed, and an "immovable rock" on your daily routine. Look at your schedule. I will assure you there is an hour and a half, 3 times a week, that you have time to start an exercise program. Warren is field-testing a new Space Command initiative called "WarFit," in which part of this time



is duty time. As a proposed replacement for the Weight Management Program, it focuses on fitness, not fatness. Fitness has a lot more to do with our ability to perform our mission than does fatness. Fitness is also an independent factor in lowering the risk for heart disease.

Combined with diet, WarFit is dynamite. Five squadrons are in the middle of WarFit now and the rest of the base starts Tuesday. For more information on WarFit, or for a personal exercise program, call the HAWC. They're ready to help.

Smoking is the "800-pound gorilla" of killers in our society. It causes many diseases and cancers, along with severe lung diseases like Emphysema. It produces immeasurable suffering. It costs huge amounts of the Gross Domestic Product (the measure of what we as a nation produce), and it threatens to break the bank of MEDICARE by 2015.

**See HEALTH, Page 3**

## Warren SENTINEL

Published by:  
Wyoming Newspapers, Inc.  
202 E. 18th St., Cheyenne, WY, 82005  
(307) 632-5666  
[Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil)

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**Classified ads** can also be dropped off or mailed to Wyoming Newspapers, Inc., 202 E. 18th St., by 1 p.m. Tuesday the week of publication. Articles and ads that don't meet these deadlines won't be considered for that week's issue.

Editorial content is edited, prepared and provided by 90th Space Wing Public Affairs of F. E. Warren Air Force Base, Wyo., of Air Force Space Command. All photographs are Air Force photographs unless otherwise indicated. Public Affairs reserves the right to edit content to conform to style and space requirements. Articles run on a space-available basis.

Direct questions or comments to the SENTINEL at 773-3381 or e-mail at [Sentinel@warren.af.mil](mailto:Sentinel@warren.af.mil).

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*NCOIC of Internal, Public Affairs*

**Senior Airman Darren Smith**  
*Editor*



BRIEFS

• Vietnam vets moving wall at Lions Park starting Sunday

The Vietnam veterans moving wall memorial will be at Lions Park Sunday through Tuesday. The veterans' organizations bringing it to Cheyenne are asking for volunteers to help visitors find individual's names on the wall. For more information, contact Michael Stark, Veterans of Foreign Wars Post 1881, at 632-9710.

• CFC kickoff luncheon scheduled for Tuesday

The 2002 Combined Federal Campaign kickoff luncheon is scheduled for noon Tuesday at the Trail's End. Cost is \$8 for club members and \$10 for non-members. For more information, contact Master Sgt. Layne Wagoner at 773-6048.

• Get your blood pressure checked at the HAWC

Blood pressure checks are now conducted from 10 to 11 a.m. and 3 to 4 p.m. Monday through Friday at the Health and Wellness Center. For more information, contact the HAWC staff at 773-4292.

41st Annual CFC kicks off Tuesday

Master Sgt. Layne Wagoner  
First Term Airman's Center

In 1961, the United Way teamed up with the Air Force to create the Combined Federal Campaign. This is a campaign that puts an end to multiple charity appeals in the work place and allows Military, Federal and Postal Service employees to make an annual contribution to charities of their choice through payroll deduction.

Tuesday marks the kick-off of the 41st Annual CFC, which will run through Nov. 15. The CFC, with your help, supports over 2,800 charities locally, nationally and internationally. Last year, Warren members worked together to contribute more than \$93,000 toward these charity organizations.

The CFC works jointly with the United Way to collect monetary donations from the base. Each year, unit keyworkers work to attain 100 percent contact from each unit. Your keyworker has packets of information that list each charity along with information concerning that specific organization. To make a donation, simply ask your unit keyworker for a CFC pledge packet.



Warren has three organizations receiving money from the CFC and United Way of Laramie County: family services, Operation Warmheart, and youth activities.

In addition to the charitable donations and pledges, many events will take place over the next few months and your participation is encouraged. A golf tournament, bowling tournament and pancake breakfast are just a few events slated to take place in the next couple of weeks. When you participate in these events, your contributions benefit the charities that are supported by the United Way of Laramie County.

"Although you may think that you can't make a difference with

a \$1 a month donation," said Col. Thomas Shearer, 90th Space Wing commander. "It is the amount of money we can raise together that truly has an impact on the community, and no amount is too small."

Last year, 26 percent of Warren members participated in the campaign by contributing to the charity of their choice. No minimum contribution is requested of Warren members, but simply that everyone participates.

"I'm willing to say that every member at Warren has benefited from at least one of these services or knows someone who has," said Shearer.

For more information, contact your CFC unit keyworker or 2nd Lt. Sean Brazel at 773-3791.

DUI UPDATE

Days since last

DUI..... 30

Underage drinking incident... 5

DUIs last year..... 30

DUIs this year..... 21

\*Information courtesy of 90th Space Wing Safety office. Current as of Thursday morning.

See the Sentinel online:

www.warren.af.mil

HEALTH, from Page 2

Consider these tobacco facts: half a million deaths a year (now what was that about West Nile?); \$50 Billion in healthcare; and \$47 Billion in lost productivity last year. The cost to each American is about \$400 per year, regardless of age (that's about what a retired family pays to enroll in TRICARE Prime). The cost just to buy the cigarettes for a one pack a day smoker is approximately \$912 a year. That's about one month's pay for a new Airman.

Now for the good news - 60 percent of smokers tried in some way to quit last year and more than 20 percent of those

who tried were successful. Success goes up with repeated trials. Success really goes up when one participates in an organized program. The HAWC is beginning a new smoking cessation program in October called "Quit Smart" that combines nicotine reductions, replacement, and behavior modification. We will be publicizing this in the coming weeks.

What's this about duty? I feel that optimizing your health is a duty to those who depend on you, to those you care about, and to the country you serve. It's this simple: a more productive, longer life can make a bigger difference.

## POWs, missing heroes show true meaning of patriotism

**Gen. Hal Hornburg**  
Air Combat Command  
commander

Friday was National POW/MIA Recognition Day, a time for us to pay special tribute to all Americans who were taken prisoner of war or are missing in action.

On that day every year we reaffirm our commitment to those still missing and renew our pledge to make every effort to obtain the answers to their fate. We can do no less for these American heroes and their families. We owe these men and women a debt of our most sincere gratitude. We have an obligation to remember

their courage, their determination and their valiant patriotism. By their actions, they showed us the true meaning of dedication to duty and self-sacrifice.

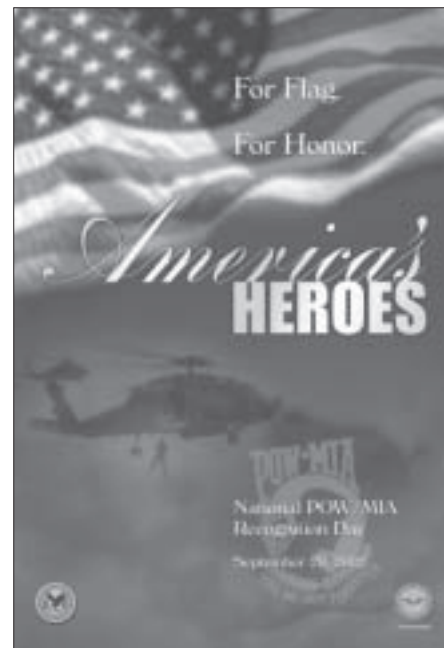
But remembrance alone is not enough. It is our sacred duty to honor and uphold the principles they fought to maintain — those principles that define our way of life. We can never repay the debt we owe history's brave men and women; but we can, and must, continue to honor their memories and their families for the tremendous sacrifices they've made for this nation.

Our nation relies on us to defend its liberty. We are powerful and we are prepared. We will

never let this great nation be intimidated.

The cost of freedom remains high; it's a price that has been paid in the blood of America's soldiers, sailors, Marines and airmen. Despite this staggering cost, however, we must persevere to forever ensure the sacrifices made by these noble men and women were not in vain.

On every day, I encourage you to remember and honor our POWs and our fellow warriors who are still unaccounted for. They deserve our deepest reverence and thanks for all they have sacrificed for this country and for our freedom.



Courtesy graphic  
2002 POW/MIA Recognition Day poster

### PHP-IDS Web site now up and running to assist Warren members

Visit the PHP-IDS (People helping people-Integrated Delivery System) Web site at [www.php-ids.com](http://www.php-ids.com) to find out what's happening at Warren and in the local area.

These six core agencies can be found on the Web site:

**Life Skills Support Center** - provides all necessary mental health care for ac-

tive-duty population.

**Family Advocacy** - designed to prevent and treat issues of family violence within military families.

**Family Member Support Flight** - provides services to meet needs of families such as child care and youth recreational activities.

**Health and Wellness Center** - offers ser-

vices and resources for the wellness needs of Warren.

**Family Support Center** - focal point for all family matters for both single and married people.

**Chaplains** - offers worship opportunities, faith education, pastoral care and counseling services.



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# Major AEF changes coming in June

Tech. Sgt. Scott Elliott  
Air Force Print News

Major air expeditionary force changes are coming beginning with the start of Cycle 4 in June.

People and assets from two on-call wings will be embedded in the 10 AEFs while expeditionary combat support assets from throughout the Air Force will be "leveled." Also, some Air Reserve Component contributions to the AEF will be realigned.

The changes will enhance the ability of the AEF construct to handle both steady state requirements and surge support for contingency operations, according to Maj. Gen. Timothy A. Peppe, special assistant to the chief of staff for air and space expeditionary forces.

"The thing that everyone needs to understand is (the AEF construct) has worked pretty well," Peppe said. "We know there are issues out there, and leadership is committed to fixing those issues."

The first change involves the 4th Fighter Wing at Seymour-Johnson Air Force Base, N.C., and the 366th Wing at Mountain Home AFB, Idaho. These units, which currently operate in a 120-day rotational on-call status, will have their assets and people aligned throughout the 10 AEFs.

Each will be a lead wing, with aircraft and expeditionary combat support generally focused into two different AEF periods to facilitate teaming, Peppe said. Their change in status will not result in the movement of

personnel or equipment to other bases.

Besides placing people from these two wings into the overall expeditionary combat support pool, the Aerospace Expeditionary Force Center at Langley AFB, Va., is working to level ECS manning in all rotations.

"We're trying to rearrange ECS assets Air Force-wide so there's a leveling of assets across the 10 AEFs, so the capabilities and numbers are about the same," Peppe said. "This more even distribution of personnel will allow us to support a higher level of requirements."

Leveling the assets will make some airmen vulnerable to deployment sooner than they expected, while others will have their normal training periods extended.

"It may be that some (unit type codes) move from AEF 5 to AEF 3," the general said. "So, instead of having 15 months between cycles, they will have 12. Some are going to move backward, having 18 months versus 15 months, because the AEF Center is trying to match ECS assets, where possible, to where the 'iron' is moved."

For example, if F-16 Fighting Falcons from Mountain Home are assigned to AEF 7, the plan is to have Mountain Home expeditionary combat support assets in the same AEF.

"Is that causing some fluctuations? Yes, but the AEF Center is minimizing the shuffling," Peppe said. "Our assessment is that the AEF alignment of perhaps 10 to 12 percent of airmen will be affected by this fine-tuning."

See AEF, Page 5

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Center at 307-772-4020.

## BRIEFS

• **ALS graduation banquet scheduled for Thursday**

The next Airman Leadership School graduation banquet is scheduled for 6 p.m. Thursday at the Trail's End. Chief Master Sgt. Mark Silliman, 20th Air Force command chief master sergeant, is the scheduled guest speaker. Menu for the banquet consists of a beef and burgundy buffet and cost is \$14 for club members and \$17 for non-members. Mess dress is mandatory for officers and optional for enlisted members. For more information, contact your orderly room.


• **Warren bodybuilding competition scheduled for Nov. 16**

The 2002 Warren Invitational Bodybuilding Competition is scheduled for 6 p.m. Nov. 16. Registration is \$25 and is open to all active duty members, DoD civilians, Reserve and Guard members and their dependents ages 16 and older. Trophies will be awarded for the top three finishers in each class. Deadline for all entries is close of business on Oct. 15. For more information, contact 2nd Lt. David Collins at 773-3727.

• **New club member contest held at Trail's End**

Join the Trail's End and be eligible to win some great prizes including a 32" plasma television, CD players, portable DVD players and even MP3 players. Applications can be picked up at the Trail's End office. Current members are already entered in a separate drawing. For club dues, lunch menu, NFL Sunday Ticket, Monday Night Football and other club programs, contact the Trail's End staff at 773-3048 or visit the 90th Services Squadron Web site at [www.90svs.com](http://www.90svs.com). This promotional contest ends Dec. 20.

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## PK, from Page 1

tain and secure 150 Minuteman III ICBMs and 15 Missile Alert Facilities.

Personnel transitions will begin at the culmination of the deactivation. Approximately 600 members are assigned to the Peacekeeper mission, and no manning cuts will occur for several years.

Peacekeeper warheads, with their advanced safety features, will be installed on the Minuteman III ICBM as part of the Safety Enhanced Re-entry Vehicle program, allowing the Air Force to upgrade its Minuteman fleet.

"The Peacekeeper did its job," said Col. Thomas Shearer, 90 SW commander. "There's no doubt it helped win the Cold War, and its place in history is undisputed."

## AEF, from Page 5

The third change involves distributing Air Reserve Component assets across the AEFs to provide a more consistent level of the workload for the reserve component.

"The Air National Guard and Air Force Reserve contribute significantly (to the AEF construct) with aviation and support assets," Peppe said. "If you look at how they're postured right now, you'll see that they're heavily weighted in AEFs 7, 8, 9 and 10."

Better distributing the ANG and Reserve forces is especially important considering that ARC aircraft and people are also heavily involved in Operation Noble Eagle, Peppe said.

"We have to smooth-flow their availability so it gives us a more ideal mix throughout the AEF cycle," he said.

Peppe added that the Air Reserve Component will also realign ANG fighters by block type and geography.

The combination of these changes will help the Air Force better present its forces in the long term, Peppe said.

"The bottom line is we're making changes to maximize capability available across the board," Peppe said.



Photo by Tech. Sgt. Melissa Phillips

### One uniform for another

Tech. Sgt. Keith Winchell, a firefighter from the 380th Expeditionary Civil Engineer Squadron, ties the flag to a fire truck in preparation for a ceremony at a forward-deployed location supporting Operation Enduring Freedom. He is a guardsman deployed from Stewart Air National Guard Base, N.Y. Winchell's full-time job is protecting the Bronx as a New York City patrolman assigned to the 50th Precinct.

# Carrie Davis

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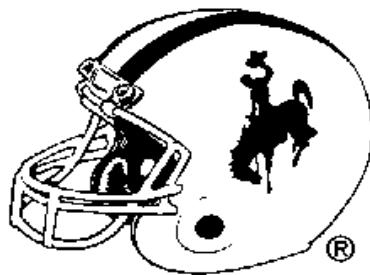
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# 90th Space Wing to reorganize under new directive

**2nd Lt. Matthew Bates**  
*Public Affairs*

The reorganization of the 90th Space Wing will be official Tuesday as the wing implements the April 22 directive of Gen. John Jumper, Air Force chief of staff, to establish a standard wing organization structure Air Force-wide.

The wing structure in place since 1992 contained four groups — operations, logistics, support and medical. The new wing structure hearkens back to a pre-1992 construct, rearranging core competencies into operations, maintenance, mission support and medical groups.

According to Jumper, the change is designed to get the Air Force to emphasize “three core competencies — to operate air and space weapons systems, maintain these complex weapons systems, and enhance direct mission support of our expeditionary, rapid reaction, contingency-based Air Force.”

For the 90 SW, the change involves several organizational redesignations and an inactivation. The 90th Support Group will be redesignated the 90th Mission Support Group (90 MSG), and the 90th Logistics Group will be redesignated the 90th Maintenance Group (90 MXG).

Under this new re-alignment, the 90th Contracting Squadron will make the move to the 90 MSG. 90 SW Logistics Plans and the contract base supply function will move to the 90th Transportation Squadron, which will be inactivated in place for the 90th Logistics Readiness Squadron (90 LRS).

The 90th Logistics Support Squadron will be redesignated the 90th Maintenance Operations Squadron (90 MOS) and move to 90 MXG. Also under 90 MXG, the 90th Maintenance Squadron will be redesignated the 90th Missile Maintenance Squadron (90MMXS).

Part of the rationale of the change, according to Jumper, is to make sure

professionals across all skill sets have the right people in their chain of command.

"Right now if you're a maintainer, you look

up to the head of your leadership and it's the operations group commander. Chances are you can never be that person," he said. "So I want the maintainers to be able to have a career progression that leads them to the head of a maintenance organization, and I want them to be as experienced operating airplanes as the operations group commander is at flying airplanes."

Lt. Col. William Starr, 90 SPTG deputy commander, has had the primary responsibility of overseeing the wing's reorganization. According to Starr, the change will have the added effect of enhancing understanding of home-station operations and the ever-in-

creasing requirements of an expeditionary Air Force.

*Right now if you're a maintainer, you look up to the head of your leadership and it's the operations group commander. Chances are you can never be that person. I want the maintainers to be able to have a career progression that leads them to the head of a maintenance organization, and I want them to be as experienced operating airplanes as the operations group commander is at flying airplanes*

-- **Gen. John Jumper**  
*Air Force Chief of Staff*

“Rapid reaction to contingency support — deployment, beddown and sustainment — is a driving factor,” he said. “The change puts ‘like’ core competencies together, and should make a more cohesive organizational structure.”

In his first visit to Warren in July, Gen. Lance Lord, Air Force Space Command commander, discussed the possibility of creating a security forces group — a transformation that will not be a part of the wing reorganization that takes effect Tuesday, but something that might be tested here later.

“We ought to test it again and if we’re going to do it, we’re going to do it here (at Warren),” Lord said. “Security Forces are the critical and essential element in the weapons system. If we’re not secure, the operation isn’t going to be very successful. The in-place deterrent force depends on our security forces professionals.”

### 3 core competencies emphasized under realignment

- operate air and space weapons systems
- maintain these complex weapons systems
- enhance direct mission support of our expeditionary, rapid reaction, contingency-based Air Force







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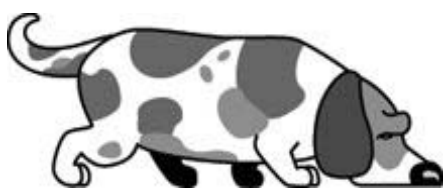
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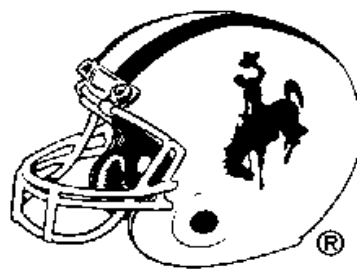
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## Rams, Vikings battle in youth flag season opener



Photos by Staff Sgt. Bryan Gatewood

The Vikings offense in action. The Vikings took on the Rams in the youth flag opener Monday. Games are played at 5:30 p.m. Monday through Thursday on the parade field.



The Rams runningback sprints for the corner as Cody Mitchell attempts to pull the flag.



Vikings quarterback Ben Muldoon avoids the defensive pressure and gets the pass off.



The Vikings go over a play in the huddle as they march toward the goalline.



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Free kick

An Air Force member hits a cornerkick during the Women's Armed Forces Soccer Championship held recently at Fort Eustis, Va. The Air Force team outscored their Army, Navy and Marines counterparts 24-0 during its six games.



Photo by Zack Shelby



By Staff Sgt. Kurt Arkenberg and Senior Airman Darren Smith

Mr. Clean Hollywood



Apparently Randy Moss needed to run some extra pass routes after the Vikings' third straight loss and chose downtown



Heading in to Week 4 in the NFL, who would've thunk it? The Rams are 0-3 and the Steelers are 0-2. The Pats lead

the league in scoring and the Browns are the only team in the AFC North with a win. Six teams remain undefeated and 7 teams have yet to put even a blemish in the win column. Ricky's running crazy in Miami and Brady hasn't skipped a beat with almost a whole new receiving corp. Bledsoe and Buffalo have the fourth highest scoring O in the league yet find themselves with a losing record after giving up 104 points thus far. Carolina has 2 more wins after 3 games this season then all of last and find themselves nippin' at the heels of the Saints atop the NFC South. Out on the coast, the Chargers find themselves snug atop the AFC West at 3-0 with the leagues top-rated D thanks to an opening schedule against Cincy, Houston and Arizona, but play three other undefeated squads in the next four weeks. The Vikings and Rams (UGH!) continue to disappoint each and every week and Alexander has lost his swagger up in Seattle with the winless Hawks. McNabb continues to pour on the points despite lackluster productivity from Duce Staley and is poised to run away with the NFC West any day now. Up in the Big Apple, Curtis Martin has amassed 54 yards rushing and a measly 124 total yards through 3 games as the Jets look to find some answers on offense.

Minneapolis to practice. He couldn't find anyone to play the tight D that he was used to, so he asked a Minneapolis Traffic officer to fill in at DB. When she stepped out in front of Moss' car to stop him from making an illegal turn, he thought she was in "bump-n-run" coverage and commenced to drive her off the line. After slowly pushing her along the street for about a block, the officer fell to the ground when Randy tapped the gas and showed he still had another gear left. Moss was charged with a couple of misdemeanors, but Vikings officials weren't too upset... I guess they saw that the pattern was crisp and the effort was there, two things that were missing from Moss' game last week.

This latest off-field run-in with the law has some fans and team officials clamoring for Moss' trade... or release. That's absurd. This guy's upside is much bigger than his tantrums, ego and legal missteps. If he ever grows up, which he will eventually, he could be the best ever. Don't believe it? Let's look at his numbers when compared to the now "greatest-ever," Jerry Rice.

Through the first four years of their careers, Moss leads all categories with 308 receptions, 5,396 receiving yards and 53 Touchdowns. Rice's numbers are not short by much... but they are short. He had 264 catches for 4,881 yds and 49 trips to the end zone. Randy's got a long way to go as a man, but his game is right on track.

Beat the Boys

Each month, Mr. Clean & Hollywood will choose a "guest" columnist and they'll have the opportunity to compete against us and see if they have what it takes.

The guest columnist for September is Master Sgt. Jason Petersen, 90 SW

Carolina @ G.B.	Chicago @ Buffalo	Cleveland @ Pitt.
Dallas @ St. Louis	Houston @ Philly	Miami @ Kansas City
New Orleans @ Detroit	NY Jets @ Jax	NY Giants @ Arizona
Tampa Bay @ Cincy	N.E. @ San Diego	Tenn. @ Oakland
	Minn. @ Seattle	

Monday Night  
Denver @ Baltimore

Game of the week  
N.E. @ San Diego

Picks of the Week

(Season record in parentheses)

Mr. Clean (27-19)

Carolina  
Chicago  
Pittsburgh  
St. Louis  
Philadelphia  
Miami  
New Orleans  
Jacksonville  
New York  
Tampa Bay  
New England  
Oakland  
Minnesota  
Denver

Hollywood (28-18)

Pack  
Buffalo  
Browns  
Rams  
Philly  
Fins  
Saints  
JETS  
G-Men  
Bucs  
Pats  
Raidaz  
Hawks  
Broncos

Guest (26-20)

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Pittsburgh  
St. Louis  
Philadelphia  
Miami  
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Jacksonville  
NY Giants  
Tampa Bay  
New England  
Oakland  
Minnesota  
Denver



## Enjoy Caramel Apple Flavors In A Simple Pie



(NAPSA)-The onset of autumn makes many people crave one thing-the caramel apples they enjoyed as kids. Now you can capture the goodness of the apple harvest with a delicious, grown-up twist to that familiar favorite.

With drizzles of rich caramel topping and a sprinkling of chopped pecans, Caramel-Nut Apple Pie looks like a dress-up dessert, but it's simple to prepare. Just start with convenient refrigerated pie crusts and you're assured the flaky crusts will look and taste like homemade.

Serve this perfect apple pie for a Sunday dinner or a weeknight gathering for friends. You can find other tasty recipes at [www.Pillsbury.com](http://www.Pillsbury.com).

### Caramel-Nut Apple Pie

1 (15-oz.) pkg. Pillsbury® Refrigerated Pie Crusts, softened as directed on package  
 3/4 cup sugar  
 2 tablespoons all-purpose flour  
 3/4 teaspoon cinnamon

1/4 teaspoon salt  
 1/8 teaspoon nutmeg  
 1 tablespoon lemon juice, if desired  
 6 cups (6 medium) thinly sliced, peeled apples

Water  
 1 tablespoon sugar  
 1/2 cup caramel ice cream topping  
 1/4 cup chopped pecans

Heat oven to 425°F. Prepare pie crusts as directed on package for two-crust pie using 9-inch glass pie pan. In large bowl, combine 3/4 cup sugar, flour, cinnamon, salt and nutmeg; mix well. Add lemon juice and apples; toss gently to mix. Spoon into crust-lined pan. Top with second crust; seal edges and flute. Brush top crust with water and sprinkle with 1 tablespoon sugar.

Bake at 425°F for 40 to 45 minutes or until apples are tender and crust is golden brown.

To serve, top each slice with 1 tablespoon topping and 1 1/2 teaspoons pecans.  
 Makes 8 servings.

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# Falcons upset California 23-21, advance to 3-0

**John Van Winkle**

*Air Force Academy Public Affairs*

Three touchdowns and 124 rushing yards by quarterback Chance Harridge led Air Force to a 23-21 upset over No. 23 California.

The Falcons advance to 3-0 on the season, and have the nation's top-ranked rushing offense in Division I for the fourth consecutive week.

"What you saw today was a very great, great college football game. Two teams that never gave up," said Air Force head coach Fisher DeBerry. "Our defense did a tremendous job keeping them out of the end zone right up until the very end of the game. Their offense would never go away. They had a great quarterback. Unfortunately for them, their receivers dropped a lot of passes."

But it was a dropped ball by Air Force that led to the Golden Bears' first score. Harridge's fumble was recovered at the Air Force 28, but the Falcons defense held Cal to a field goal. California kept that lead well into the third quarter, in what became a duel of field goals until the Falcons eliminated turnovers and got their triple-option attack firing on all cylinders.

"In the second half, we started clicking,"

said Harridge. "We realized that this was our chance to do something. We quit trying to run outside, we quit trying to run sweeps and we just started running the triple option right at them...and they just couldn't stop it. We ran right at them for the entire second half of the game."

Harridge's first touchdown cut the deficit, and his second touchdown put Air Force up 16-15 in the fourth quarter. His third touchdown capped the score at 23-15, at the two-minute warning.

"I thought our defense played very well," said Cal head coach Jeff Tedford. "You're never going to stop that offense. I thought we contained it very well and gave us a chance to win."

Cal came back to score one more touchdown, but with only 31 seconds left on the clock, Air Force's running game burned those last few seconds away.

Air Force ended the game with 295 yards rushing, including 76 yards by fullback Steve Massie, and another 124 yards by Harridge. Defensively, the Falcons limited Cal to 119 yards on the ground, and 13 of 37 completions with one interception made by Falcon cornerback Wes Crawley.

"They ran a real unorthodox offense and

defense, something we weren't used to," said Cal defensive end Tully Banta-Cain. "We'll probably never see an option team like that again. It's a tough loss to swallow."

"But the measure of a great team is how they bounce back from a loss," he said. "We have to keep our heads up. We let this one slip away from us but we can't get down about it. We have a lot of games left to play. We have to keep getting after it. We just have to put this one behind us and look forward to the next game."

The character of California's team is also something Air Force coaches and players noted during preparations for and after the game. The Golden Bears won only a single game last year. But under new head coach Tedford, California was off to a 3-0 start, scoring 50 points per game and had cracked the national rankings before Saturday's game.

"Cal played really well today," said Harridge. "This is probably one of the classiest group of guys that I have ever played against in my life. No trash talking and they would say things like 'good play, good hit, good run' and they would try to help you up after the play. I was thoroughly impressed with the way that Cal (players) handled themselves."

## U.S. Moving Troops to Cote d'Ivoire

Around 200 U.S. troops are deploying to the West African country of Cote d'Ivoire in response to a request by the U.S. ambassador there.

Ambassador Arlene Render asked for troops after disturbances following a failed coup attempt placed some U.S. citizens in danger. The troops are under command of U.S. European Command.

News reports said the fiercest fighting was around the city of Bouake. More than 200 children, including more than 100 Americans, are trapped in a Christian school near the fighting.

The troops will monitor the situation and will be available to assist in ensuring the safety of American citizens in Cote d'Ivoire, as required. State Department officials said roughly 2,000 Americans are in the country.

## Basic training opens chemical warfare facility

**Airman 1st Class Amanda Currier**

*37th Training Wing Public Affairs*

**LACKLAND AIR FORCE BASE, Texas (AFP)** — Times are changing, and Air Force basic military training is evolving with them.

The Air Force unveiled its latest addition to BMT on Sept. 16 at Lackland's Warrior Week encampment site: a nuclear, biological, chemical and conventional warfare training facility.

"The addition of this new facility will ensure the best possible training for our airmen facing uncertainties in the world today," said Brig. Gen. Fred Van Valkenburg Jr., commander of the 37th Training Wing.

Warrior Week involves field training that was added to basic training about three years ago. It is designed to give trainees a taste of deployment and wartime situations. During the fifth week of BMT, trainees rough it in



*Photo by Robbin Cresswell*

Basic trainees don their chemical warfare gear Sept. 16 prior to entering the new nuclear, biological, chemical and conventional warfare training facility at Lackland Air Force Base, Texas.

tents, learn how to don chemical warfare gear and participate in simulated battle exercises.

Now, Warrior Week also includes passing through the NBCC training facility, allowing

trainees to test the integrity of their gas masks. Troops enter one of the facility's two 400-square-foot sealed chambers in

**See BMT, Page 19**

## Officials stress importance of quality-of-life surveys

### Courtesy article

More than 117,000 Air Force people are being given the opportunity to address their quality-of-life concerns by completing the 2002 Chief of Staff Quality of Life survey.

"We have sent 67,500 surveys via e-mail to people already, and anticipate sending out between 8,000 and 10,000 each day," said Charles Hamilton, chief of the Air Force Personnel Center's survey branch at Randolph Air Force Base, Texas.

While recipients are asked to complete the survey within two-to-three days of receiving the e-mail, so far the response has not been what officials had hoped for, Hamilton said.

"We've received only a little over 18,000, or 27 percent, of the surveys back," he said. "Overall, we need to have about a 40 percent return rate to be able to accurately talk about issues affecting specific demographic groups. The more surveys received, the more accurate our data."

Senior Air Force leaders take these surveys very seriously and use the information gathered to develop new programs and initiatives to meet their people's needs, said Lt. Col. Frank Pombar, chief of the Air Force quality-of-life programs branch at the Pentagon. Answering survey questions honestly is key to providing these leaders with the most

accurate picture of current quality-of-life concerns, Pombar said.

The last survey was conducted in 1999 and gave senior leaders insight into Air Force people's career intent, job satisfaction, opinions on the fairness of pay and retirement benefits, and satisfaction with health care, housing, education opportunities and current ops tempo.

Housing is one area where survey results have influenced decision making at the Pentagon, Pombar said. Survey data showing concerns in this area were big factors in the Air Force funding for \$544 million to improve or replace more than 13,000 military family houses and \$156 million to build more than 1,600 new dormitory rooms in fiscal 2002.

Previous surveys also highlighted fitness centers and programs as top retention factors. The feedback led the Air Force to fund \$183 million to build or renovate 22 fitness centers in fiscal 2000 through 2005, with congressional support adding an additional \$130 million.

Hamilton said people who have received the survey but have not completed it within the three-day window will be receiving a follow-up e-mail reminder. The reminder contains a link to the survey for people who may no longer have the original message and gives them another chance to complete the survey.

## Fifth Air Force Marathon a success



Photo by 2nd Lt. Tana Hamilton

Patrick Doak of Alpharetta, Ga., was the first male wheelchair competitor to cross the finish line at the fifth U.S. Air Force Marathon, with a winning time of 1 hour, 59 minutes and 47 seconds. Lt. Gen. Dick Reynolds, Aeronautical Systems Center commander, and Tom Fisher, marathon director, welcome him across the finish line. The marathon was run at Wright-Patterson Air Force Base, Ohio, on Sept. 21.

### Sue Baker

Aeronautical Systems Center  
Public Affairs

More than 3,200 runners from 48 states and eight foreign countries ran in the fifth Air Force Marathon at Wright-Patterson Air Force Base, Ohio, Sept. 21.

Wheelchair competitors began the 26.2-mile race at 7 a.m., followed by individual runners at 7:05 a.m., and relay teams at 7:30 a.m.

Patrick Doak of Alpharetta, Ga., was the first male wheelchair competitor to cross the finish line, with winning time of 1 hour, 59 minutes and 47 seconds. Christopher Rodney of Beavercreek, Ohio, finished in second place with time of 2 hours, 28 minutes and 20 seconds. Maynard Read of Rochester, Minn., came in third with 2 hours, 47 minutes and 20 seconds.

Holly Koester of Cleveland, Ohio, was first-place female wheelchair competitor with winning time of 3 hours, 1 minute,

and 42 seconds. Stacy James of Dublin, Ohio, was second, with time of 5 hours, 4 minutes and 12 seconds. There was no third-place female wheelchair competitor.

Individual overall male winner was Jeffrey S. Gibson of Royal Air Force Mildenhall, England, with time of 2 hours, 42 minutes and 15 seconds. Second-place overall male winner was Guido Bocklandt of Dendermonde, Belgium, with time of 2 hours, 44 minutes and 30 seconds. Taking third place was Timothy L. Miller of Dayton, Ohio, with time of 2 hours, 47 minutes and 42 seconds.

The individual overall female winner was Sandy M. Hundley of Hilliard, Ohio, with a time of 3 hours, 16 minutes and 41 seconds. Second place went to Jill M. Metzger of Ramstein Air Base, Germany, with 3 hours, 17 minutes and 38 seconds. Finishing third was Marcie R. Knapp of New Castle, Pa., with 3 hours, 20 minutes and 49 seconds.

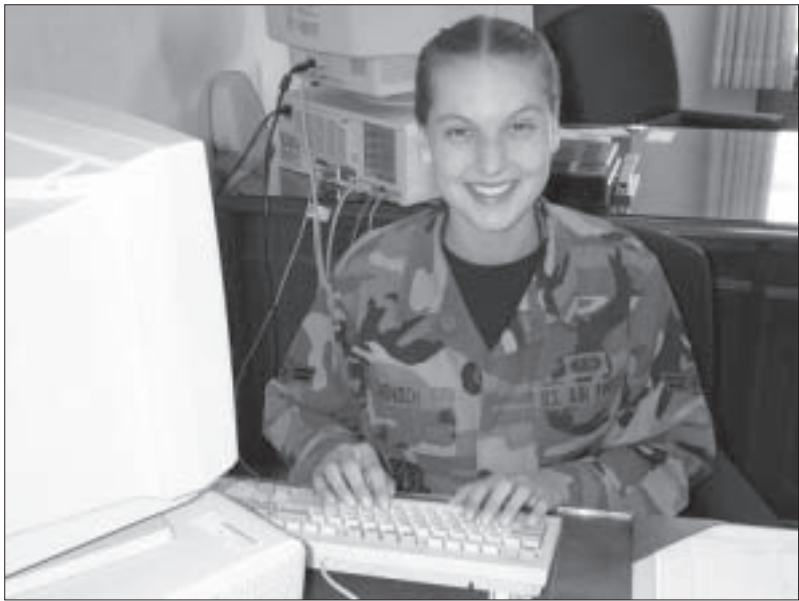
**See SUCCESS, Page 19**

Have a news, sports or commentary story idea for the Warren Sentinel? Contact the Public Affairs office at 773-3381.





SPOTLIGHT ON WARREN



**Name:** A1C Sarah Bensch  
**Duty Title:** Protocol specialist  
**Squadron:** 90th Space Wing staff  
**Hometown:** Lynnwood, Wash.  
**Time in Service:** 2 Years

"I joined the military to travel and see the world," said Bensch. "The aspect of my job I enjoy the most is that I get to meet really interesting people like senators, generals and most recently Gen. Richard Meyers, chairman of the Joint Chiefs of Staff." In her free time, Bensch enjoys shopping, camping, fishing, volleyball, and hanging out with friends.

BMT, from Page 17

full chemical warfare gear. Up to 50 trainees can go through each chamber every 15 to 20 minutes. Once inside, they are exposed to a substance similar to pepper spray known as "CS," or o-chlorobenzylidene malononitrile.

"Trainees who are not wearing their masks properly will smell a slightly peppery odor and experience teary eyes and a runny nose," said Capt. David May, 737th field training flight commander.

"I was surprised at how effective the mask was," said Trainee Zandy Ariss. "I was waiting for them to turn the gas on."

Once trainees have been inside of a chamber for a few minutes, instructors have them remove their masks, so they can get a better understanding of how well their gear really works, May said.

"It burned my throat," said Trainee Rachel Murphy. "My nose was runny and my eyes were tearing up, but I'm fine."

"This facility gives airmen confidence in their gear," May said. "It also provides a safe, controlled environment where trainees learn how to properly fit their masks by creating an air tight seal. It's knowledge that could

save their lives someday."

Before the NBCC training facility opened, the captain said BMT mask-testing methods were somewhat inconclusive. During battle simulations, Warrior Week instructors use smoke machines to create a more realistic combat atmosphere. The instructors used to add a banana scent to the smoke. Trainees were told that if they smelled the banana scent, their masks were not on properly.

One of the problems with the old method is that the battle simulations are held outside in a well-ventilated area, May said. Also, under previous mask-testing conditions, the only way for instructors to tell whether or not trainees were having problems with their masks was if the trainees told them.

"Now, we can tell if their masks are on properly by their reaction to the 'CS,'" the captain said.

The purpose of basic training is not only to transform civilians into servicemembers, but also to mold warriors out of America's best and brightest, May said.

"This new facility provides us with the tools to do just that," he said.

SUCCESS, from Page 18

The first overall relay team to cross the finish line was the NG Seacows, with an elapsed time of 2 hours, 26 minutes and 17 seconds. The second-place relay team was Team Vance with a time of 2 hours, 28 minutes and 33 seconds. The third-place relay team was Miami Valley TC at 2 hours, 32

minutes and 14 seconds.

Each competitor crossing the finish line immediately received a commemorative medal. At the awards ceremony, Lt. Gen. Dick Reynolds, Aeronautical Systems Center commander, presented awards to the top finishers in all categories: overall male; over-

all female; open; military; masters; grand masters; seniors; wheelchair; marathon; and relay.

Final race results will be posted in the near future on the marathon Web site. The sixth Air Force Marathon is scheduled to take place Sept. 20, 2003.

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